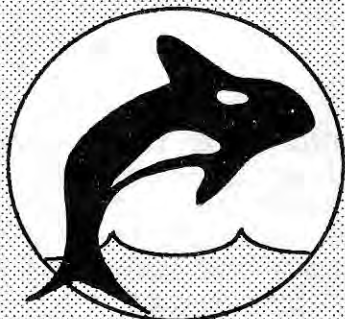


the  
WET  
SET

PACIFIC NORTHWEST ASSOCIATION  
OF  
MASTERS SWIMMERS



PRESIDENT

EDITOR

BOBBY L GALLEGOS  
1315 GARRISON AVE  
PORT ORCHARD, WA  
98366  
206 876-0960

THE PNA NEWSLETTER

VOLUME 8 - NUMBER 4

APRIL 10, 1989

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APRIL BOARD MEETING

THE FOURTH TUESDAY OF THE MONTH - APRIL 25, 1989

7:00 P.M.

PLACE TO BE ANNOUNCED - - - -DATE & TIME MAY BE CHANGED

#####

DEAR SWIMMERS,

THERE IS NOTHING WORSE THAN A LONG GOOD-BYE, ESPECIALLY IF YOU AREN'T REALLY GOING ANYWHERE! I WILL MISS THE OPPORTUNITY TO WRITE MY LETTERS TO YOU, BECAUSE SOMETIMES IT WAS LIKE WRITING TO "DEAR ABBY". IT LET ME TELL MY SAD STORY AND FEEL SOMEBODY UNDERSTOOD. I REALLY DID APPRECIATE THE NOTES FROM SOME OF YOU, SYMPATHIZING WITH MY LACK OF SELF-DISCIPLINE.

I WILL FEEL A LITTLE BIT MORE COMFORTABLE WHEN I'M BACK TO BEING INTRODUCED AS JUST RONDI. I ALWAYS FELT I SHOULD DO SOMETHING WONDERFUL WHEN SOMEBODY SAID, "THIS IS RONDI, SHE'S PRESIDENT OF THE PNA." I DO THANK YOU ALL FOR GIVING ME THE OPPORTUNITY TO BE IMPORTANT FOR TWO YEARS. I LEARNED A LOT ABOUT HOW THE PNA RUNS, ABOUT HUMAN NATURE, AND ABOUT MYSELF.

I WOULD LIKE TO USE THIS LAST LETTER TO SAY SOME THINGS TO YOU ABOUT HUMAN NATURE--LEARNED THESE LAST TWO YEARS. MOST MEMBERS OF THE PNA WANT TO PAY THEIR MONEY, COME TO MEETS, SWIM, AND LEAVE. UNFORTUNATELY, WE DON'T PAY ENOUGH MONEY TO MAKE THIS WORK! WE HAVE A FEW, VERY DEDICATED, HARD WORKING INDIVIDUALS WHO PUT IN LONG, AND I MEAN LONG, HOURS TO MAKE THE PNA WORK. THEIR ONLY COMPENSATION IS A JOB WELL DONE. AS THE PNA GROWS, THEIR JOB BECOMES MORE DIFFICULT AND EVEN MORE TIME CONSUMING. I DON'T THINK WE SHOULD RAISE DUES, I DON'T THINK WE SHOULD HAVE BAKE SALES OR CAR WASHES, BUT I DO BELIEVE EVERY SWIMMER WHO BENEFITS FROM THE MEETS HAS A RESPONSIBILITY TO BECOME INVOLVED IN PNA. AT LEAST VOTE; AT LEAST GET ENTRIES IN ON TIME! WHEN ASKED TO HELP OUT, FIND THE TIME TO VOLUNTEER IN SOME CAPACITY. THIS IS A NON-PROFIT, ALL VOLUNTEER ARMY, AND WE NEED YOU! ENOUGH SAID.

THANKS FOR THE MEMORIES. I CHERISH THEM ALL, EVERY ONE. I HOPE TO SEE YOU ALL INVOLVED, IN SOME WAY, WITH THE PNA. REMEMBER, "YOU CAN'T BUILD A REPUTATION ON THINGS YOU ARE GOING TO DO!"

LOVE,

*Rondi*

#### WELCOME TO THE PNA

THE FOLLOWING SWIMMERS HAVE JOINED THE PNA IN THE LAST MONTH

DENNIS ANDERSON, NANCY ANDERSON, JOHN ARNOLD, JONATHAN BARNES, MARK BICKFORD, STEVEN BRANDT, CINDY BRENNAN, ANDREA BRYANT, RON CARLSEN, DICK CHAPMAN, LINDA CHAPMAN, LOUISE ELLIOT, SANDEE ESHOM-COULTER, LINDA FINLEY, MARY SUE GALVIN, TERRI JOLLY, BRENT KRANTZ, SUSAN KULSA, JANICE LINVILLE, MARK LIST, DAVE MARTIN, MICHAEL MC COLLY, MICHAEL MC GOORTY, RAYMOND MILES, DANNY MURDOCK, LAWRENCE NORDELL, SANDRA RATHER, CHRIS REESE, VICKY RIDGE-COONEY, THERESE SALIBA, KARIN SCHANZLE, STEVE SCHUFREIDER, ROBERT SELTZER, ROGER SENN, HOPE SMITH, SCOTT TALLQUIST, SHARON WILSON

MESSAGE FROM YOUR NEW PRESIDENT:

Let me begin by introducing myself. To those who don't know me my name is Robert L. Gallegos. "Bobby G" (which I prefer to be called is a stage name. I am a single (widowed) parent to a 16 year old daughter. I have varied interests...about 30 or 40, and a definite love of life.

Why did I consider being your president? My motivation towards swimming is very strong. Swimming has literally saved my life. This position gives me a great opportunity to, in a small way, give back so swimming some of the great rewards that I have received.

I find the PNA in fantastic shape. I personally thank the past board enormously for a job well done.

I have only one sour note. That is lack of volunteerism. This problem is not unique to the PNA. I spoke recently with an individual, Art Markien, who said "In 30 years of volunteer work the problem is more prevalent now than any other time."

All is not lost though. I look around and see great things happening. I think the trend will reverse its self. People will recognize the need to lend a helping hand. But more importantly is how can one gain personally, spiritually and emotionally by reaching out to help. That kind of action really makes me feel alive.

Today I see a great opportunity for the PNA. With the coming of the new Aquatics Center in Federal Way, one can just imagine the possibilities. We must seize this opportunity.

I would like to change the way masters swimming is viewed by age group swimming. Recently I was disturbed by the impression I received while researching the Centennial Games. I would like to bring our swimming communities closer together.

One avenue is to use our communication tools better. Something I admit I need a lot of work at.

We must open lines of communication to learn...to make the PNA stronger, to hear...that which we don't hear and to grow...for now the time is right to develop ourselves to our fullest potential.

To this I am beckoned, to this I am compelled, to this I give my total committment.

I am proud to be the president of the PNA and am honored for the opportunity. Thank you and bless you...my brothers and sisters of aquatics.

Bobby G.

PNA BOARD MEETING  
March 27, 1989

The meeting was called to order at 7:05 p.m. by President Rondi White. Those in attendance were: Marietta Hunziker, Gordon Gray, Bobby Gallegos, Lowell Johnson, Rondi White, Steve Freeborn, Dorothy and Warren Kleist, Forest Brooks, Karen Jost, Jane Moore, Dave Addleman, Walt Reid and Debbie Lewis.

A motion was made and passed to reimburse Marietta for flowers sent to Kathy Casey.

MEMBERSHIP: There are currently 526 PNA members. Dave gave Hugh authority to grant meet sanctions.

MEETS: A discussion ensued about the problem of using both outside lanes as sprint lanes because it makes it difficult for some people to exit the pool. It was agreed that breaks longer than 5 minutes were necessary during meets.

PNA Champs Meet: A question arose about the eligibility of a team from Whidbey Island. The members of the team were out at sea on a ship and were late submitting their entries and registration fees. They requested permission to submit their materials late because of the unique circumstances surrounding their case. A motion was made and passed to allow the team to swim in the PNA Champs meet and to accept their late team entries with a reminder not to let this happen again. The team will be allowed to score points, the swims will not be exhibition. It was also agreed that all of the meet entry information must be in the hands of the meet director by no later than March 31. If the information arrives after that date the team will not be allowed to compete.

The meet director has received 4 late entries. The board referred back to a policy adopted earlier in the year and stated on the meet entry form. The swimmers will be notified of their late entries and offered the opportunity to swim exhibition. Permission was granted to representatives of ARC to distribute information about the 1989 swim Lake Washington event. The distribution to interested persons will take place from a stationary location. It was suggested and agreed that the board consult a calendar when setting meet schedules and refrain from scheduling meets on religious holidays.

NEWSLETTER: Steve volunteered to assist in sending out the April newsletter. A permanent chairperson for this committee has not yet been named.

SOCIAL: The PNA must sign a contract with the restaurant hosting the banquet during the first week of April. It will probably require a minimum of 50 people, if fewer people attend the banquet the PNA will have to pay the difference. Due to the few number of banquet reservations received so far, it will be up to the social chairperson and the president to determine whether or not to sign the contract. There may not be a banquet due to the low turnout.

OLD BUSINESS: A ballot will be provided at the PNA Champs meet so members can vote on the proposed by-law changes. The proposed changes will be displayed at the meet.

NEW BOARD: Voting has been completed for new officers and the new board is official.

TEAM REGISTRATIONS: 20 teams are registered for PNA Champs. Team division levels will be printed in the meet psyche sheets.

NEW BUSINESS: If there is no banquet Bobby will assume the responsibility of distributing the award certificates.

The meeting was adjourned at 8:05 p.m.

The next PNA Board meeting will be held April 25 at 7:00 p.m. at the Tacoma YMCA.

*Debbie Lewis*

## Swimming and Breathing: The Physiology of Hypoxic Sets

Competitive swimming is a unique form of exercise from the respiratory standpoint because it involves heavy exercise coupled with restrictions in the total breathing capacity. The gains in mechanical efficiency obtained from not turning or raising the head have to be balanced against the adverse physiological effects of insufficient ventilation. This article will describe our preliminary studies of the changes which can occur in oxygen and carbon dioxide levels during competitive swimming. This information provides a better understanding of individual differences in hypoxic tolerance and suggests some of the risks which might be involved in misapplication of current training practices.

### The Physiology of Oxygen Delivery to Muscle

A primary guideline of exercise physiology is that maximal exercise capacity is determined by the ability of the heart, lungs, and blood to deliver oxygen to exercising muscle. Oxygen is carried in the blood by the protein hemoglobin. This protein has the important property of maintaining its oxygen carrying capacity at 90% of normal even when the lung oxygen content is reduced by 40%. Below that point, which corresponds to a partial pressure of oxygen of 60 millimeters of mercury (mm Hg), the oxygen carrying capacity of blood drops rapidly. If the low oxygen level in the lungs is associated with an increased level of carbon dioxide, as always happens during restricted breathing, the oxygen carrying capacity drops even faster.

The concentration of oxygen attained in our lungs is a balance between the amount of breathing and the rate of oxygen consumption by the body. At rest, a 160 pound person will consume about 300 cubic centimeters of oxygen and produce about 240 cc's of carbon dioxide per minute. To maintain a normal arterial oxygen level of 100 mm Hg, a normal person will need to breathe about 8 liters of air per minute. A fit individual at the highest swimming speeds would consume about 10 times as much oxygen and produce 12 to 14 times more carbon dioxide. If this person were running or cycling at this level of exertion, he/she would ordinarily breathe 100 to 130 liters per minute, increasing the breathing rate to 40 to 50 breaths per minute. This rate is nearly twice that ordinarily used by freestyle swimmers, so that the swimmer must either take deeper breaths or breathe less.

### How Hypoxic are Hypoxic Sets?

If a swimmer does breathe less, the overall oxygen consumption will remain unchanged, but the concentration of oxygen in the lungs and the arterial blood will decrease. The lowered oxygen concentration together with the increase in carbon dioxide produce the familiar sensation of suffocation during "hypoxic sets". As there were no published studies of the degree of hypoxemia produced by this training activity, Dr. Bill Clark and I did some preliminary work. We had three masters swimmers exhale into a balloon immediately on completing a 90% effort 200 yard freestyle swim breathing every fourth stroke with no breathing during the final 10 yards. The three swimmers had an lung concentration of oxygen of between 57 and 70 mm Hg, which corresponded to a 15 to 20% loss in oxygen carrying capacity for the blood., given the elevation in carbon dioxide which was also observed. All three swimmers felt lightheaded after the swim.

### Why Can Some Swimmers Breathe Less?

While breath-holding times can be modestly increased with practice, the main determinant of the ability to not breathe during exercise is inherited. Some individuals can hold their breath to very dangerous levels of hypoxia, where there is a risk of loss of consciousness. Breath holding times are not a marker of fitness or good health.

### Is there Benefit to Hypoxic Sets?

Because deliberate underbreathing will encourage swimmers to swim with the highest possible volume of air in their lungs, there may be some benefit from the buoyancy, and there probably is an improvement in stroke mechanics when the head is held steady. From the data we gathered, it appears that breathing every other stroke did not cause hypoxemia as serious as that we noted in our first study. While many successful swimmers are able to breathe less than every other stroke in races over 50 yards, it appears possible that they are compromising their maximal oxygen transport capacity, and in the worst case, may be risking loss of consciousness during the swim. The risk of loss of consciousness is increased by marked overbreathing before starting the hypoxic swim. Any swimmer who notes headache, dim vision, or confusion after deliberately underbreathing has probably experienced potentially dangerous hypoxia.

*Tom Roberts*

**UNITED STATES MASTERS SWIMMING, INC.**  
**REGISTRATION APPLICATION - NOV 1, 1988 to OCT 31, 1989**

**FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS**

THIS IS A  RENEWAL MY 1988 USMS NO. IS \_\_\_\_\_ PLEASE PRINT OR TYPE INFORMATION  NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1988 REGISTRATION:  
 ADDRESS  NAME \_\_\_\_\_  CLUB/DIST. \_\_\_\_\_  
 OTHER \_\_\_\_\_ (PREVIOUS)

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ INIT \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

AREA CODE + TELEPHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

LOCAL AFFILIATION \_\_\_\_\_ DATE OF APPLICATION \_\_\_\_\_  
 TEAM \_\_\_\_\_ UNATTACHED

CLUB (NATIONAL LEVEL ONLY)  
 PNA  HUSKY  TRITON  UNATTACHED

OFFICIAL USE ONLY

THANK YOU

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

MAIL TO: HUGH C. MOORE  
 29920 2nd Place S W  
 Federal Way, WA 98023  
 (206) 941-3100

USMS FEE \$9.00	LMSC FEE \$10.00	TOTAL FEE \$19.00
--------------------	---------------------	----------------------

SENIORS (65+): \$14.00

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee.

APPLICANT'S SIGNATURE

A VERY RARE AND "WONDERFUL" EDITORIAL

The two year term for your Past President Rondi White and her board have come to an end. I would like to take this opportunity to publicly thank Rondi for the outstanding job she has done for the PNA. I would also like to thank her for the gracious and courteous manner in which she dealt with each and every one of the board members. And lastly I would like to thank Rondi for the many hours she spent behind the scenes so things would run smoothly.

I would also like to thank each and every one of you who had a kind word and perhaps some tidbit for the WETSET. As you probably noticed you saw very little of my writing "editorials" or giving my personal comments or opinions.

This was by choice, as I see being the editor is a chance to serve the president, those on the board, and those PNA members who occasionally had a comment for the WETSET.

It has been a good two years, and my only regret is that I sold my old computer, upgraded to a Macintosh SE, and the week after I got it returned to work full time. Now that I have retired and my stint as editor has come to an end maybe now I'll learn how to use this computer!

Dorothy J Kleist

Dear PNA Swimmers,

Thank you so much for the beautiful floral arrangement and the cards and letters when my father died suddenly. The yellow gladiolas and pussy willows were so beautiful that we took them to the Community Center for the coffee hour after the services. Thank you so much for your kind words and concern. It really does help ease the pain.

Most sincerely,

*Kathy Casey, Elizabeth Schell*

Kathy Casey & Family

## PLACES TO SWIM IN THE PUGET SOUND AREA

Please send any corrections or additions to Hugh Moore 29920 2nd Pl SW, Federal Way 98023

- ANACORTES** Fidalgo Pool, 1603 22nd  
workouts: Sat. mornings, contact Pinky Walker 424-8755  
lap swim: M-F 6-8 AM, 11AM - 1PM; Sat. 1-2 PM, 7:30-8:30 PM, Sun 4-5 PM
- AUBURN** Auburn, 516 4th NE, Auburn 839-6168  
lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM
- BELLEVUE**  
Eastside Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900  
workouts: M-F: 6:45 - 7:45 AM contact: Kevin O'Shea 746-9900  
lap swim: M-F: 7:45-9 AM, 11:30 AM-1 PM, 5:30-6:15 PM / S&S 12:30-2 PM  
Samana Club, 15231 Lake Hills Blvd., Bellevue 746-1160  
lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM  
Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510  
workouts: M - F; 6:30 - 7:30 AM contact: John Underbrink 828-6733  
Bellevue Athletic Club, 11200 SE 6th, Bellevue 455-1616  
Bellevue, 601 143rd NE, Bellevue 747-4245  
lap swim: M-Sat.: noon - 1:30 PM  
P.R.O. Racquet & Health Club, 4455 148th Ave. NE 885-5566
- BREMERTON**  
Bremerton Municipal Pool, 50 Magnuson Way, Bremerton 478-5376  
lap swim: M-F: 11:15 - 12:30 PM; Tu/Th: 6:30-9:00 PM; F: 6-7 PM  
Olympic Aquatic Center, 7070 Stampede Blvd., Bremerton 692-3192  
workouts: TU/TH - 6:30 - 7:30 AM contact: Geoff Pentz 692-3192  
lap swim: M-F: 5:30-8:00 AM, M-TH: 8:00 -9:00 PM
- BURIEN**  
Evergreen, 606 SW 116th, Burien 296-4410  
lap swim: M,W,F: 6-7:30 AM/M-F: 8-9 AM 11:30 - 1,4:30-5 PM,8-9 PM SAT 11-1  
Burien Swim Club, 626 SW 154th, Burien 433-7900
- DES MOINES** Mt. Rainier, 22722 19th Ave. S., Des Moines 296-4278  
workouts: T/TH/F: 6-7 PM contact: Karen Joet 243-2069  
lap swim: M-F: 6:00 - 8:30 AM/ M-Th: 8:00 - 9:00 PM
- EDMONDS** Harbor Square Athletic Club, 160 W. Dayton 778-3546
- ENUMCLAW** Enumclaw, 420 Semanski S., Enumclaw 825-1188  
lap swim: M-F: 6:00 - 7:30, noon - 1 PM, & 8:00 - 9:00 PM
- FEDERAL WAY** Federal Way Pool, 30421 16th Ave. S., Federal Way 839-1000  
workouts: M-F 6:00 - 7:00 AM contact: Hugh Moore 941-3100  
lap swim: M-F: 6-7:30 AM & 12-1 PM / Sat 12-1 PM
- FIFE** Fife Community, 5410 20th St. E, Fife 922-7665  
lap swim: M-F: 5:45-8:30 AM, 9:30 AM-3 PM, 4-6 PM Sat 7-1 & 2:45-4 PM
- ISSAQUAH** Issaquah, 50 SE Clark, Issaquah 296-4263  
workouts: M,W,F: 5:00 - 7:00 AM  
lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30
- KENT**  
Kent, 25401 104th SE, Kent 296-4275  
lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM  
Tahoma, 18230 SE 240th, Kent 296-4276
- KIRKLAND** Juanita, 10601 NE 132nd, Kirkland 823-7627
- LYNNWOOD** Lynnwood Pool, 18900 44th Ave. W., Lynnwood 771-4030  
lap swim: M-F 5:30-8:30 AM/ M-TH: 8:45-10:45 AM & 1-2:30 PM  
M-TH: 2:45-3:45 PM & 5:45-6:45 PM
- MERCER ISLAND** Mercer Island District Pool, 8815 SE 40th 296-4370  
workouts: Tu,Th: 11:00 AM - noon contact: John Underbrink 828-6733  
lap swim: M-F: 6:00 - 7:30 AM, noon - 1 PM, & 8:00 - 9:00 PM
- NORTH BEND** Si View, 41600 SE 122nd, North Bend 888-1447  
lap swim: M,W,F: 6:30 - 8:30 AM/ M,W: 5:30 - 6:30 PM
- OLYMPIA**  
The Evergreen State College, Campus Rec. Center, Olympia 866-6000  
lap swim: M-F: 11:30 AM-3 PM, 5-9 PM/ S&S: 1-6:30 PM  
North Thurston HS  
workouts M-F 5:30-7 AM contact Neva Knott 352-8625
- POULSBORO** North Kitsap, 1881 Hostmark, Poulsbo 779-3790  
lap swim: M-F: 5:45-9:00 AM, 11:30-12:30, 5-6 PM, 7:30-8:30
- REDMOND** Redmond, 17535 NE 104th, Redmond 296-2961  
lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM
- RENTON**  
Lindberg, 16740 128th SE, Renton 296-4335  
lap swim: M-F: 11:30 - 12:30  
Hazen, 1101 Hoquiam Ave. NE, Renton 235-2227
- SEATTLE**  
Sandpoint Naval Station, 7500 Sandpoint Way, NE, Seattle 526-3531  
workouts: M,W,F: 6-7 AM contact Robin O'Leary 525-7725  
lap swim: M-F: 10:30 - 1:30 & 4:30 - 5:30  
Ballard, 1471 NW 67th, Seattle 783-7176  
Evans, 7201 E. Green Lake Dr. N., Seattle 684-4961  
Helene Madison, 13401 Meridian N., Seattle 684-4979  
workouts: M-F: 5-6:30 AM contact: Jan Kavadas 775-5814  
Meadowbrook, 10515 35th NE, Seattle 365-9933  
Medgar Evers, 500 23rd, Seattle 324-2560  
Queen Anne, 1920 1st W, Seattle 386-4282  
Rainier Beach, 8825 Rainier S., Seattle 386-1944  
Northshore, 9815 NE 188th, Bothell 486-9177  
lap swim: M-F: 6:00 - 7:30 AM, noon - 1:30 PM, & 8:30 - 9:30 PM  
Shoreline, 19030 1st Ave. NE, Seattle 363-4845 temporarily closed  
South Central (Foster), 4414 S 144th, Seattle 296-4487  
lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05  
Southwest Pool, 2801 SW Thistle Street, Seattle 684-7440  
workouts: M,W: 5:30-6:30 PM / F 6-7 PM (10 workouts/\$20)  
lap swim: M-F: 6-7:30 AM/ M,W,F: 3-4 PM/Sun 5-6 PM  
YMCA, 909 4th, Seattle 382-5010  
YWCA, 1118 5th, Seattle 447-4868  
Aquatic Development Clinic, 11009 1st S., Seattle 232-3474  
Red Shield, 9050 16th SW, Seattle 767-3150  
Seattle Athletic Club, 333 NE 97th, Seattle 522-9400  
workouts: M,W,F: 6:30 - 7:30 AM / M,W: 7:00 - 8:00 PM  
contact: Jody Kleven 326-4600 (day) or 367-2350 (eve.)  
Seattle University 14th & Cherry, Seattle  
workouts M,W,F: 5:30-7 AM contact: Barbara Thorp 363-9951  
View Ridge Club, 5815 NE 77th, Seattle 524-3500  
Wedgwood, 7727 28th NE, Seattle 523-8211  
West Seattle YMCA, 4515 36th Ave SW, Seattle 935-6000  
workouts: M-F 5:35 -6:30 PM contact Mike Dale 935-6000
- SEQUIM** Sequim Aquatic Recreation Center, N 610 5th, Sequim 683-6699  
workouts: T/TH 8:45 - 10:00 PM / Sun. 7:45-9 PM  
contact: Kevin Johnston PO Box 1671 Sequim 98382 683-6699  
lap swim: M-F: 6-9 AM, 10 AM-3:30 PM, 6-8:45PM/SS 12-1:30 PM
- SUMNER** Sumner High School, 1707 Main, Sumner 863-8110  
workouts: M,W,F: 5-6 PM contact: Donna Phelan 862-8777  
lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM
- TACOMA**  
Lakes High School, 10320 Far West Dr. SW, Tacoma 756-8401  
workouts: M - Th.: 5:00 - 7:00 PM; Sat. 10:00 - 11:15 AM  
contact: Kathy Casey 588-4879  
Pierce college, 9401 Far West Dr. SW, Tacoma 964-6678  
workouts: M-F 5-6:30 PM contact Kathy Casey 588-4879  
Tacoma Pierce Co. Family YMCA, 1002 S. Pearl St., Tacoma 564-9622  
workouts: M-W-F: 7:30 - 9:00 PM contact: Mike Stipek 564-9622  
Eastside Community Pool, 35th & L, Tacoma 591-2042  
lap swim: M-F: 6-7:30 AM, 11:45 AM - 1 PM/ M,W,F: 4-6 PM/ T,Th: 8-9 PM



50 YD. FREE  
 GENE CROSSETT 75 PNA 33.54 R  
 100 YD. FREE  
 GENE CROSSETT 75 PNA 1:17.45 R  
 200 YD. FREE  
 GENE CROSSETT 75 PNA 2:54.31 R  
 1000 YD. FREE  
 GENE CROSSETT 75 PNA 16:44.30 R

M E N 80-84

400 YD. I.M.  
 JIM PENFIELD 80 PNA 10:10.93 P

RELAYS-M E N 200 YD. MEDLEY

25 +  
 CLIFTON WARD 32 PNA 1:59.51  
 STEVEN PETERSON 42  
 STEVE BRANDT 27  
 PAUL PLEVICH 33

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

04/18	HAROLD JOHANSON	05/04	KATHY CLARK
04/19	IAN THOMPSON		SCOTT BENNETT
	CAROL BROWN	05/06	DAVID CAMPBELL
	MICHAEL GRIFFIN	05/07	ROBIN O'LEARY
	EDWARD BAIRD		WILLIAM SENSOR
	JANET LAWRENCE	05/08	STEVEN FANCHER
04/20	ANN GINDROZ		BOB MILLER
	MICHAEL MC GOORTY		LESLIE HANDLEY
	SUZANNE DILLS	05/09	ELIZABETH HOENIG
	CAMILLE MORGAN	05/11	REGAN HAINES
04/21	CATHLEEN MAYBURY		HELEN FOSBERG
04/24	MARIETTA HUNZIKER	05/12	ADRIANNE LORVICK
04/25	KAREN WOLF		BERTIL DILLNER
	PETER PAGET		JEANETTE MILLER
04/26	LAWRENCE DICKMAN	05/13	DANA BEATTY
04/29	RICK STAFFORD		JOSEPH KILKELLY
04/30	CHARLOTTE DAVIS		MONICA SARCHIAN
	TOM KRETZLER		EDWARD MORIARTY
	BETH BRENNER		CHRISTOPHER HEINLEIN
	MARK LIST		MARYAN BURKE
05/01	CAROLYN BEHSE	05/14	EVERETT CASSELL
05/02	ROBERT MUSSELMAN		RICHARD ADCOCK
	DOROTHY KLEIST		ALISON ELIASON
05/03	ALYSOUN BOND		NICK CUMMINGS
	ROXANNE CARLTON	05/15	KURT HEIDERGOTT
	MARTIN BROTNOV		LAURIE THERRIEN
	RONALD TAYLOR		MARYANN BROWN
	PAUL ASHTON		

## P N A MEET SCHEDULE

APR 21-23 REGION 12 - SHORT COURSE CHAMPS (25Y)  
TUALATIN HILLS POOL - BEAVERTON, OREGON

JUN 3-4 BELLEVUE ATHLETIC CLUB (50M)

JUN 25 SOUTH KITSAP POOL - PORT ORCHARD (50M)

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### NATIONAL AND INTERNATIONAL MASTERS SCHEDULE

MAY 4-7 1989 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS  
MISSION BAY - BOCA RATON, FLORIDA

JUL 23-AUG 5 1989 MASTERS GAMES  
ARHUS, DENMARK

AUG 17-20 1989 USMS NATIONAL LONG COURSE CHAMPIONSHIPS  
UNIVERSITY OF NORTH DAKOTA  
GRAND FORKS, NORTH DAKOTA

SEP 17-24 1989 USMS ANNUAL CONVENTION  
PORTLAND, OREGON

OCT 7-16 1989 PAN PACIFIC MASTERS AQUATIC GAMES  
INDIANAPOLIS, INDIANA

AUG 7-13 1990 3RD FINA/MSI WORLD CHAMPIONSHIPS  
RIO DE JANEIRO, BRAZIL

SEP 30-OCT 6 1990 USMS ANNUAL CONVENTION  
PITTSBURGH, PENNSYLVANIA

SEP 15-22 1991 USMS ANNUAL CONVENTION  
LOUISVILLE, KENTUCKY

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FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED.

INLAND EMPIRE

ELIN ZANDER  
E 1922 15TH  
SPOKANE, WA. 99203  
509 534-7509

OREGON

KATHLEEN BUCK  
31925 N E CANTER LANE  
SHERWOOD, OR 97230  
503 625-5747

IDAHO

RICHARD COOKE  
SAWTOOTH MASTERS SWIMMING  
1915 STATE STREET  
BOISE, ID 83702  
208 939-8289 / 208 336-0606

BRITISH COLUMBIA

DENIS CROCKETT  
BC MASTERS  
1531 W 4TH AVE  
VANCOUVER, BC V6J 1L6  
604 736-7645

FOR INFORMATION ON ANY MEET WITHIN THE OCEANA ZONE (WASHINGTON, OREGON, ALASKA, CALIFORNIA, IDAHO, HAWAII) CONTACT THE OCEANA ZONE CHAIRMAN: KATHY CASEY 11114 111TH ST SW, TACOMA, WA 98498, 206 588-4879  
FORREST BROOKS - 206 226-2796  
DOROTHY KLEIST - 206 838-1555

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CONTACT THE FOLLOWING **H.O.S.T.** WHEN YOU WISH TO STAY IN ANOTHER SWIMMER'S HOME DURING AN OUT OF TOWN MEET:

INLAND EMPIRE	MARIAH CLARKE	509 926-2597
OREGON MASTERS	ANDY SCHRAG	206 254-9400 HOME 254-9916 WORK
SOUTHERN OREGON	TERRY & JUDY MC CURDY	503 673-3673
CORVALLIS, OREGON	MARK & LAURA WORDON	503 753-9352
SNAKE RIVER	JANET WOOD	208 345-8843 HOME 339-7229 WORK
PNA	MARIETTA HUNZIKER ANN GINDROZ	206 564-9517 206 272-1854

(NOTE: If you would like to host a fellow swimmer in your home contact your local representative. This is an excellent way to meet new friends and cement old friendships!)

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THIS IS YOUR NEWSLETTER. IT IS ONLY AS GOOD AS THE INPUT BY THOSE SELECTED OR ELECTED TO SERVE AND YOU THE MEMBERS. IF YOU HAVE A COMMENT, OPINION OR A BIT OF NEWS WE WILL BE GLAD TO GIVE YOU "SPACE". JUST CONTACT THE EDITOR BY THE 1ST.

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IF YOU ARE IN BUSINESS CONSIDER ADVERTISING IN THE **"WET SET"**

ONE FOURTH PAGE \$20.00 FIRST MONTH, THEN \$15.00  
ONE HALF PAGE \$40.00 FIRST MONTH, THEN \$20.00

Send your ad and a check, payable to PNA MASTERS SWIMMERS,  
To D.J. KLEIST, 31417 36TH AVE SW, FEDERAL WAY, WA 98023

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CHANGING YOUR ADDRESS? FILL IN THIS FORM AND MAIL IT TO  
HUGH MOORE, 29920 2ND PLACE SW, FEDERAL WAY, WA 98023  
TELEPHONE 206 941-3100

NAME \_\_\_\_\_ USMS# \_\_\_\_\_

OLD ADDRESS \_\_\_\_\_  
\_\_\_\_\_

NEW ADDRESS \_\_\_\_\_  
\_\_\_\_\_

NEW TELEPHONE NUMBER \_\_\_\_\_

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NON-PNA MEMBERS SUBSCRIPTION FORM FOR THE **"WET SET"**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

Send this subscription form and a check for \$8.00, payable to PNA  
MASTERS SWIMMERS, TO: HUGH MOORE, 29920 2ND PLACE S.W.,  
FEDERAL WAY, WA 98023, TELEPHONE 206 941-3100

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## ATTENTION ALL SWIMMERS

Your Pacific Northwest Association of Masters Swimmers Board of Managers recommends the changes to our Constitution and By-Laws summarized below. Your Team Representative to the Board of Managers has a copy of the proposed changes in detail for your perusal. You will be asked to vote: 1. For, 2. Against, or 3. For (with the following exceptions), these changes at the PNA Championships Meet on April 7-9. Copies of the proposed changes in detail will be available at the meet.

We need to have every one of you vote on these proposed amendments.

### Proposed Amendments to the Constitution:

1. Add to definition that PNA is a Local Masters Swimming Committee (LMSC) of United States Masters Swimmers, Inc. (USMS).
2. Add a definitions section that defines Club Membership, Team Membership, Unattached Membership (both local and national), Individual Membership, By-Laws, LMSC and Geographic Territory.
3. Add the category of Club Membership throughout the Constitution.
4. Add a paragraph to limit liabilities of the Board of Managers.
5. Change the requirement of a 2/3 majority of 50% of the membership to amend the constitution to a 2/3 majority of 25% of the membership.

### Proposed Amendments to the By-Laws:

1. Add the category of Club Membership and Unattached Membership (both local and national) throughout the By-Laws.
2. Add a requirement that all members of the Board of Managers must be currently registered with PNA.
3. Add a definition of eligible voting members and a quorum requirement of 25% of the eligible voting members.
4. Add that the president or his/her delegate will represent PNA in all meetings outside PNA, and that the president shall pick all committee chairs (subject to board approval).
5. Change dates of nominations of new officers of the board of managers to 1 1/2 months earlier.
6. Delete the requirement for the Vice President to be the membership chairman.
7. Change the name of Special Committees to Ad Hoc Committees.
8. Added Constitution and By-Law Committee and Computer Applications Committee to Standing Committees and deleted Team Wear Committee.
9. Added a statement that the Treasurer serve as Chairman of the Finance Committee.
10. Changed definitions of Records and Publicity Committees, and changed name of Records Committee to Records/Top 10 Committee.

# NOTICE

IF YOU DID NOT MAKE IT TO P N A CHAMPS TO  
VOTE ON THE  
BY-LAWS AND CONSTITUTION CHANGES  
PLEASE USE THE FOLLOWING FORM TO CAST  
YOUR BALLOT.

We must have a minimum of 60 percent of those registered  
with the P N A casting their ballot to validate the voting.

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\_\_\_\_\_ I VOTE YES ON ALL CHANGES

\_\_\_\_\_ I VOTE NO ON ALL CHANGES

\_\_\_\_\_ I VOTE YES WITH EXCEPTIONS:

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Mail your completed ballot to:

LOWELL JOHNSON  
7001 TOPAZ DRIVE S W  
TACOMA, WA 98498

BALLOTS SHOULD BE RECEIVED BY APRIL 30, 1989

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_